

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01044, Cheese, pasteurized process, swiss

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	42.31	--	0.355	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	334	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1396	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	24.73	--	0.211	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	25.01	--	0.294	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	5.85	--	0.160	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	2.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	1.23	--	--	--	--	--	--	--	--	Calculated or imputed	01040	02/2003
Minerals													
Calcium, Ca	mg	772	--	32.904	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	29	--	0.929	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	762	--	59.538	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	216	--	14.471	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	1370	--	64.664	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	3.61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	15.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.014	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.276	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.038	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.036	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	36.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.23	--	0.238	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	198	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	192	--	--	--	--	--	--	--	--	Calculated or imputed	01040	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	63	--	--	--	--	--	--	--	--	Calculated or imputed	01040	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	746	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.34	--	--	--	--	--	--	--	--	Calculated or imputed	01040	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	18	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	01040	02/2003
Lipids													
Fatty acids, total saturated	g	16.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.815	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.489	--	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.275	--	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.572	--	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.566	--	0.072	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	2.792	--	0.058	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	7.188	--	0.210	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.602	--	0.085	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	7.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.677	--	0.064	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	5.896	--	0.122	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.342	--	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.280	--	0.027	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.802	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	1.143	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	2.186	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	2.454	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	1.256	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	1.353	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	1.481	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	1.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	1.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.519	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	5.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.407	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	2.516	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.194	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003